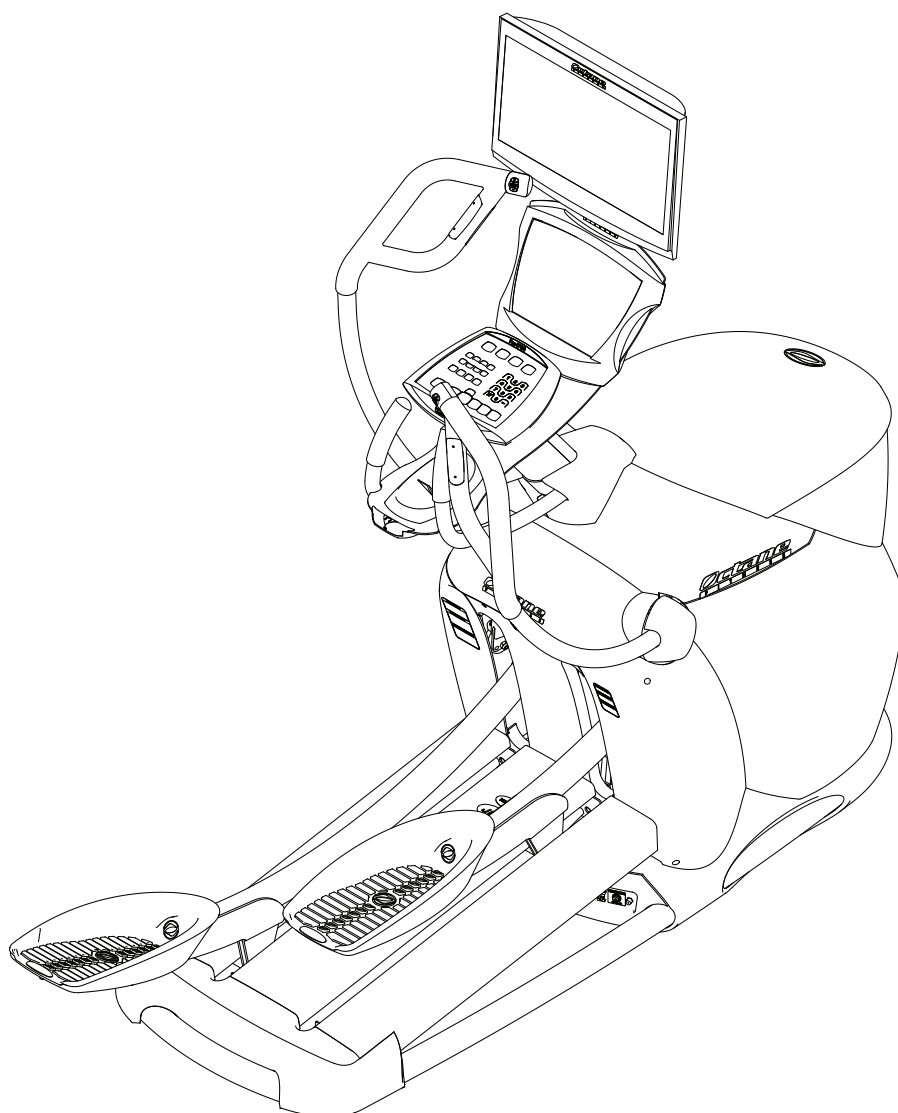


Octane[®]

F I T N E S S

PRO4700 ENTERTAINMENT KIT

KEYPAD, CONSOLE AND LCD-TV WITH MOUNTING ARM

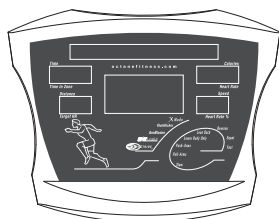


USER INSTRUCTIONS

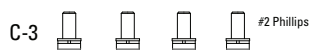
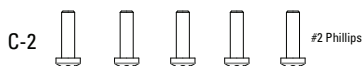
PRO4700 ENTERTAINMENT KIT CONTENTS

Console Box Contents:

- ☐ PRO4700 Entertainment Console
- ☐ PRO4700 Entertainment Keypad
- ☐ Audio Jack Assembly

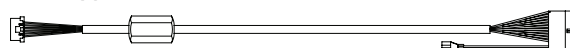


Console Hardware



**Hardware illustrated to scale; not actual size.*

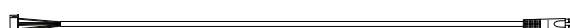
Keypad Cable



Audio Cable



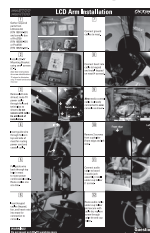
Media Control (TV) Cable



Heart Rate Cable

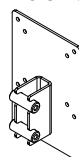
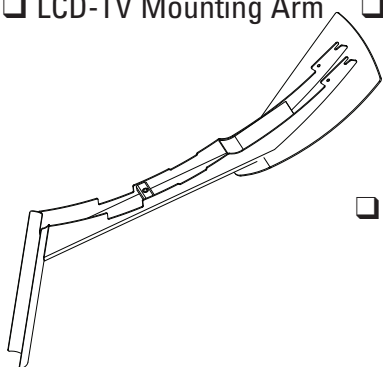


Assembly and Operations Instructions

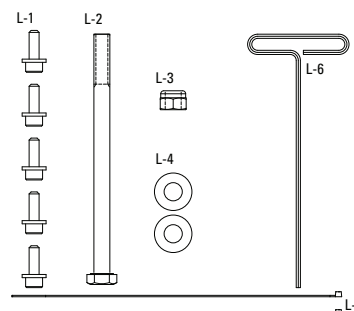
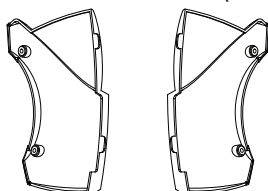


LCD-TV Mounting Arm Box Contents*:

- ☐ LCD-TV Mounting Arm
- ☐ Mounting Bracket for LCD-TV
- ☐ LCD-TV Mounting Arm Hardware (selected items only)



Console Back Covers (R and L)



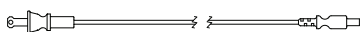
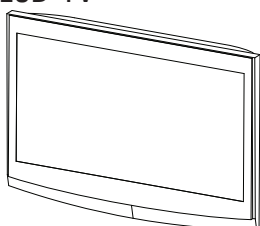
Coaxial Cable



**Box contains additional parts that are not used to assemble this kit.*

LCD-TV Box Contents:

- ☐ LCD-TV
- ☐ Power Cord
- ☐ Remote Control (not pictured)
- ☐ LCD-TV User Manual (not pictured)



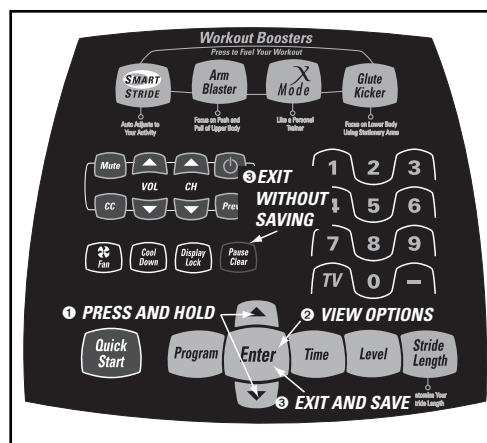
WARNING!

Do not mount an LCD-TV weighing more than 8.5 lbs. (3.8 kg) on the LCD-TV mounting arm.

MEDIA KEYPAD BUTTONS

The table below describes the buttons controlling media functions on the PRO4700. Refer to PRO4700 Operations Manual for descriptions of the elliptical programming buttons on the keypad.

Mute	Turn TV audio on/off.
CC	Activate/de-activate TV closed-captioning.
VOL (▲/▼)	Increase/decrease TV audio volume; Move left (▼) or right (▲) in TV MENU CONTROL.
CH (▲/▼)	Move backward (▼) or forward (▲) through TV channels.
 (Power)	Turn TV on/off.
Prev	Jump to last-viewed TV channel; Return to previous menu option in TV MENU CONTROL.
TV (numeric keypad)	Press to activate numeric keypad for input of TV channel numbers.
– (numeric keypad)	Enter as the sub-channel separator in HDTV channel numbers (e.g. 45-1)
Enter	Use to program TV options.



USER SETTINGS

- Pedal the unit to activate the keypad for programming.** Press and hold ▲/▼ to display programming options.
- Press *Enter* to view setting options; press ▲ to select option and move to next setting. (Factory setting shown in **BOLD**.)

Warm-Up	Controls 3-minute warm-up: ON or OFF
Clock Direction	Controls clock counting: UP or DOWN
Max Workout Time	Sets limit for workout time: 1 to 99 minutes (factory-set at 30:00). Press <i>Enter</i> to scroll in 15-minute increments, or enter value using number keypad.
Unit Type	Controls weight and distance display units: ENGLISH (pounds and miles) or METRIC (kilograms and kilometers)
Stride Length	Controls software setting for stride length; must match physical position of the stride linkage: JOGGING or RUNNING
Beep	Controls console sounds: ON or OFF.
TV Menu	Accesses TV MENU CONTROL on your LCD. Use ▲/▼ and <i>Enter</i> to scroll through and set TV options just as you would with your handheld TV remote. (Refer to LCD-TV User's Manual for more information.) Press <i>Pause Clear</i> to exit TV MENU CONTROL and return to user settings. Note: VOL (▼) is "Left" and VOL (▲) is "Right", and PREV is "Return" in TV MENU CONTROL.
TV Auto On	Controls TV power at the start of workout: NO (leave TV in current state—on or off) or YES (turn TV on if it is off).
TV Auto Off	Controls TV power at the end of workout: NO (leave TV in current state—on or off) or YES (turn TV off after workout).
TV Default Channel	Sets TV to specified channel before elliptical enters sleep mode. Use number keypad to set channel. If you do NOT want TV to go to a specific channel automatically, set channel to 00 . Note: If the user turns TV off manually, TV will power on to the channel last viewed.
Brightness	Controls brightness of the console LEDs: 1 (dim) to 8 (bright).
Exit	Press <i>Enter</i> to Exit and save settings. Press <i>Pause Clear</i> twice to exit without saving.

- Press *Enter* when "Exit" is displayed to save selections. Press *Pause Clear* twice to exit without saving changes.

Learn More at www.octanefitness.com

Log on to www.octanefitness.com for additional information about product features and answers to many common questions and tips on using your elliptical. If you would like to speak to an Octane Fitness Customer Service specialist, please call 1-888-OCTANE4 or 763-757-2662, extension 1.

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